

In addition to the web links below, if you are concerned about your wellbeing and mental health, or your child's mental health, please come and speak to one of Mapledown's senior leaders. Our Mental Health Champion is Eula Lock, Learning Zone 2 Lead and Stork Classteacher, but you can also speak to Sandra (Headteacher) or Caroline (Deputy Head).

If you are a parent and carer, we hope you will find the many web links below useful.

- [Barnet Integrated Clinical Services](#) - *BICS, who provide mild to moderate mental health services to children, young people and families in the borough.*
- [Barnet Wellbeing Service](#) - *The Barnet Wellbeing Service works with residents to improve mental and physical health through a programme of activities and goal setting. The service aims to support Barnet residents to make positive changes in their life.*
- [CAMHS - Children and Adolescents Mental Health Services](#) - *Having a child with mental health difficulties can be challenging, and CAMHS is here to help. In parent and carer pages, you will find information about CAMHS and approaches to supporting your child.*
- [Action for Children](#) - *Action for Children supports and speaks for the UK's most vulnerable and neglected children and young people.*
- [Cerebral Palsy organisation](#) - *As you may know cerebral palsy is the most common physical disability in childhood, with a child being born with CP every hour. Their goal is to raise awareness globally for cerebral palsy and other birth injuries*
- <https://parentsafe.lgfl.net/> - *a dedicated webpage for parents about keeping children safe online and beyond.*
- [Department for Education](#) - *Articles and advice for children and young people.*
- [Think You Know](#) - *Great advice to keep children safe whilst using the internet.*
- [CEOP](#) - *News and articles surrounding internet safety.*
- [Parents Resources](#) - *Articles written by practising teachers designed to help with the education of your child*
- [Information on accessible theatres, restaurants, hotels and other public places](#) - www.disabledgo.com *provides information on accessible theatres, restaurants, hotels and other public places. They also include information on accessible parking and welcome information on keeping their site up to date.*
- [BBC Adult Learning](#) - *Lots of information about getting into learning*
- [Direct Gov](#) - *The latest and widest range of public service information from the UK Government*
- [Carers UK](#) - *Advice for carers*
- [Barnet Parent Carer Forum](#) - *group of enthusiastic, committed parents and carers in the London Borough of Barnet working with the local authority to ensure that the voices of our children, young people and their families are heard*
- [Downs Syndrome Association](#) - *Support, resources and information for Downs Syndrome in the UK*